



Rebuilding connection, the power of interest...

Relationships are organic, not static. It's natural to experience days of feeling really connected to people you love and on other days, to feel disconnected. There may be times when you even feel dislike, discord or resentment. It's normal. Managing these patches, when relationships seem like hard work is important so that conflict doesn't escalate into long term relationship damage.

Are you withdrawing from the emotional bank account?

Perhaps you've been aware at times, when resentment or discontent are on the rise, that it's easy to withdraw interest in the things that are important to those you love. We see kids do it. If they want to exclude someone from a group, members will deliberately appear uninterested in what the outsider finds fun, just to demonstrate that they're not welcome and they don't belong. It seems cruel and harsh but adults do it too, just more subtly. Increasing work load to escape from feelings of discontent are common.

It can be easier to be busy than to engage in conflict or difficult conversations. Spending more time doing things separately than together may seem like 'less hassle'. This happens often when kids become teenagers, partners feel distant or when parents get exhausted. We lose interest in shared activities and stop listening actively.

Invest your interest wisely...

Left to continue, constant withdrawal of interest will drain a relationship 'bank account' dry. So, when the going gets tough, it's time to start investing interest. Spend some time enquiring about what's happening for your children, your partner, friends or family. Take some slow moments to just reconnect and really listen. Be really curious about what it's like for them, from their perspective. Make sure you put yourself on their team in those moments and take their point of view rather than disputing or changing it in anyway.

Remember how it feels when someone finds what you're doing interesting? Self-esteem goes up and you feel more attractive and attracted to the other person. Conflict goes down and sharing and closeness go up. Get interested again and see your investment grow.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au

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- ✓ When conflict escalates and withdrawal seems an easy option, stop. It's not. Your account will run dry.
- ✓ Being interested deposits connection into any relationship.
- ✓ People want to be close to you when you show interest in interests them.

"Indifference and neglect often do much more damage than outright dislike."

J.K.Rowling

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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Practical life strategies for women